

## ONE NUMBER TO CALL FOR HELP

Where can I get help finding a job?

Where can I get help finding a job? **AIDS** treatment for substance abuse?

Where can I find treatment for substance abuse? **Basic Needs** an I become a tutor?

How can I become a tutor? **Counseling** here can I get help finding a job?

Where can I get help? **Day Care** Where can I find treatment for substance abuse?

Where can I get help? **Educational Programs** a food pantry?

Where can I find treatment for substance abuse? **Financial Assistance** can I become a tutor?

Where can I find treatment for substance abuse? **Government Agencies** can I get this?

Where can I find treatment for substance abuse? **Housing** I get this? child abuse?

Where can I find treatment for substance abuse? **Independent Living Programs** Where do I report child abuse?

Where can I find treatment for substance abuse? **Job Services** I need a copy of my birth certificate, where can I get this?

Where can I find treatment for substance abuse? **Knowledgeable I&R Professionals** I need a copy of my birth certificate, where can I get this?

Where can I find treatment for substance abuse? **Legal Services** Where can I apply for Food Stamps?

Where can I find treatment for substance abuse? **Medical Services** Where can I report child abuse?

Where can I find treatment for substance abuse? **Nursing Homes** Where can I find day care for my children?

Where can I find treatment for substance abuse? **Organizations of All Kinds** Where can I find day care for my children?

Where can I find treatment for substance abuse? **Parenting Programs** Where can I find day care for my children?

Where can I find treatment for substance abuse? **Quick Answers** Where can I find day care for my children?

Where can I find treatment for substance abuse? **Recreation** Where can I find day care for my children?

Where can I find treatment for substance abuse? **Senior Services** Where can I find day care for my children?

Where can I find treatment for substance abuse? **Tutoring** Where can I find day care for my children?

Where can I find treatment for substance abuse? **Unemployment** Where can I find day care for my children?

Where can I find treatment for substance abuse? **Volunteer Opportunities** Where can I find day care for my children?

Where can I find treatment for substance abuse? **Women's Services** Where can I find day care for my children?



## bringing people & services together

parenting programs



senior services



youth issues



disability services



Virginia's Human Services Information & Referral  
1.800.230.6977 - <http://www.vaiaandr.net>

Virginia's Human Services Information & Referral  
1.800.230.6977 - <http://www.vaiaandr.net>

## INFORMATION YOU CAN USE

When you don't know where to turn, consult a nearby Information and Referral (I&R) center.

I&R is easy to use, free, accurate and confidential. We are in the business of collecting, classifying and giving out information on more than 27,000 health and community services across the state.

I&R has answers. An I&R professional can help you find solutions, or you can consult our database on the web. Our network of regional centers and partner agencies serve the public and professionals across the state with

### Information YOU Can Use

## BRINGING PEOPLE & SERVICES TOGETHER

I&R brings people and services together. Using a comprehensive database of services and resources, trained I&R professionals are able to:

- Offer referrals to services that strengthen families
- Locate potential service providers
- Offer choices and suggest resources to promote self-reliance and help individuals help themselves
- Identify and connect services that support a comprehensive approach to problem solving
- Identify unmet community needs to be addressed by service providers
- Provide data on unmet community resource needs for policy makers



## HOW I&R CAN HELP

All regional centers in Virginia's Statewide I&R System let you:

- Talk to an I&R Specialist by phone - it's free and confidential
- Request a copy of your region's statistics on the problems and needs of callers or specialized reports on community resources
- Consult your region's I&R web site through <http://www.valandr.net>
- Receive follow-up to assure appropriate resources are identified

In addition, each regional center uses local resources to provide additional services that vary by region. In some regions, you can:

- Ask for a guide to frequently used services
- Read a detailed published directory of human services in your local library or buy it for your organization
- View an on-line database of services
- Purchase mailing labels addressed to human service organizations

## INFORMATION & REFERRAL

I&R provides information on a wide variety of services, such as:

- |                             |                         |
|-----------------------------|-------------------------|
| ▪ Disability services       | ▪ Recreation            |
| ▪ Employment                | ▪ Support groups        |
| ▪ Family violence           | ▪ Transitional services |
| ▪ Financial assistance      | ▪ Volunteer services    |
| ▪ Government agencies       | ▪ Welfare reform        |
| ▪ Maternal and child health |                         |